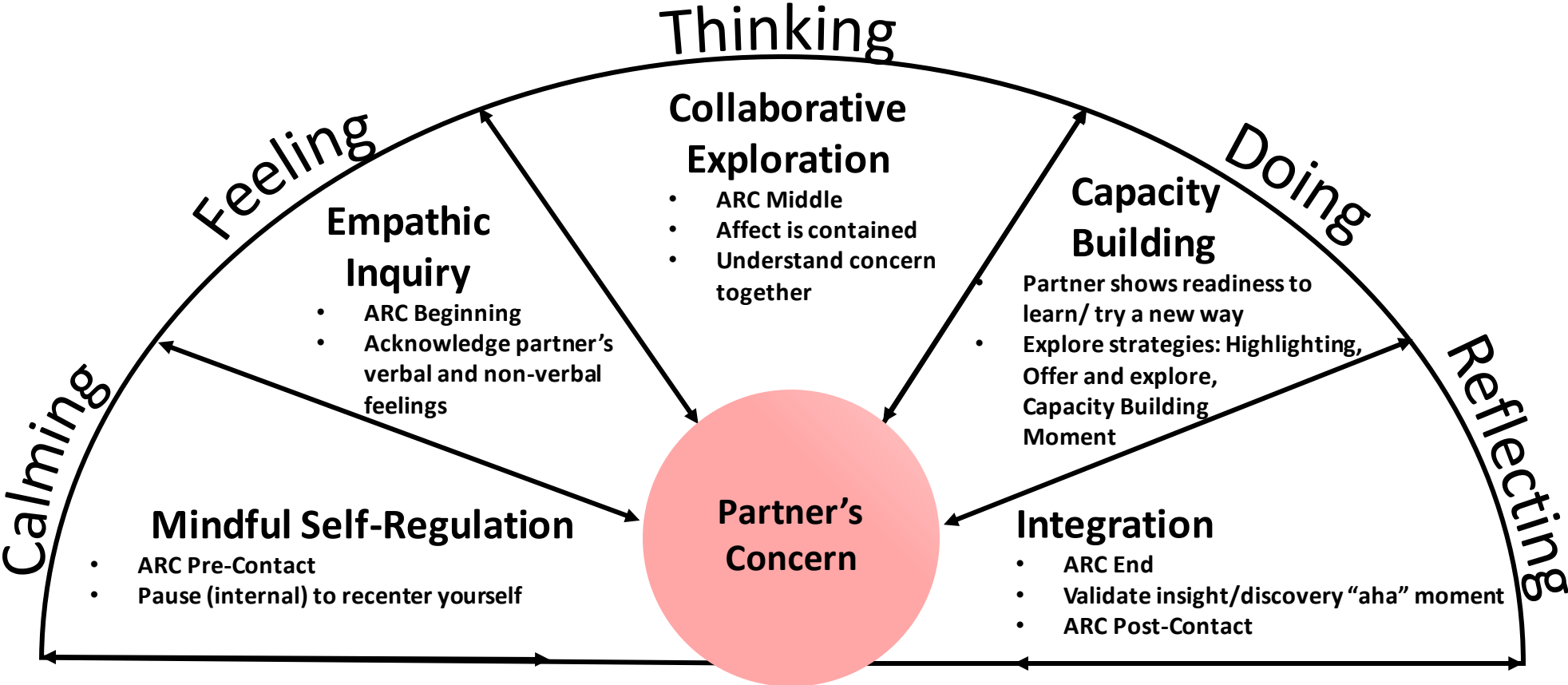


Fussy Baby Network® FAN
Facilitating Attuned Interactions



Enhance Culture of
Communication



Strengthen
Relationships



Promote Self-Care
& Reduce Burnout

FAN Pocket Guide

ARC OF ENGAGEMENT:

Pre: How am I? Who are we to each other? *What do I need to do to be fully present?*

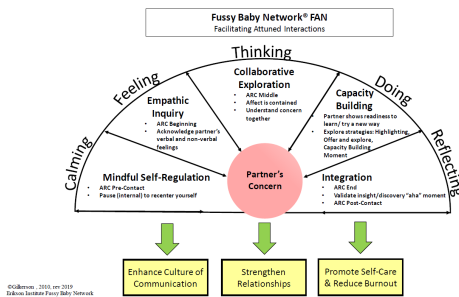
Begin: What's it been like *for you* to take care of your child?

Middle: Have we gotten to what you *most wanted* to talk about?

End: Three words to describe.... What would you like to *remember* from our time together?

Post: *How am I now? What do I need to do to be present for what comes next?*

MOVE on the FAN where the Caregiver needs you to go—Matching/Attunement Process



Observing – What does the partner need now?

Offering – Which process will match what the partner is showing me?

Checking – Is this working?

Re-attune – Moving on the FAN based on partner's response or my response (MSR)

MINDFUL SELF-REGULATION: Be Fully Present

- **Awareness** of self (regulation/dysregulation); **Balance:** Strategies to bring awareness to the present; **Connection:** Reading the cues and decide where to move on FAN

EMPATHIC INQUIRY: “What has it been like for you?”

- Listen with acceptance
- Amplify positive feelings
- Hold, validate, explore, and/or bridge from feelings

COLLABORATIVE EXPLORATION: “Let’s think about this together”

- SEE THE PERSPECTIVE THE PARTNER SEES: Tell me more ...
- What do you think might be causing the concern?
- What have you tried? What helps, even a little? What does not help? Why might that be?
- What are the views of other people who are important to you?
- What would you like to see change?
- How ready do you feel to start? Or is it just helpful for you to talk about it?
- What first small steps might you take?
- What would it feel like (be like) for you to try these new ways?

CAPACITY BUILDING: “Ready to learn or do”

- **MAGIC QUESTION:** What’s your hunch?
- **WATCH FOR** and **HIGHLIGHT** what partner is already doing to help
- **OFFER A DROP OF INFORMATION AND EXPLORE:** Say it in one breath
- **CAPACITY BUILDING MOMENTS:**
 - **Acknowledge:** “This is the cry you were telling me about”.
 - **Affirm:** “Please feel free to do whatever you need to do?”
 - **Support:** “I’m here with you.”
- **ANGEL MOMENTS:** Protect/reflect affect when emotional connection is made

INTEGRATION: Building a Coherent Narrative

- Watch for and validate partner's discoveries/Ah-ha moments
- What would you like to hold on to/remember from our visit? Three words.